

Carbohydrates and Sugars

What is it?

Sugar molecules are small and supply small amounts of energy readily and quickly.

- Simple sugars such as Fructose and Glucose are individual molecules
- Double sugars such as Maltose, Lactose and Sucrose are composed of two molecules joined together
- Complex carbohydrates are made of hundreds of simple sugar molecules together

SPORTS

In athletic events, sugars are the first energy source to be used up. They tend to supply quick high energy(hyperglycemia), followed by a sugar low (increased insulin to breakdown the sugar). Most athletes will not have a sugary snack before or during an event as it has negative affects on performance.

Dec 7-8:26 AM

Complex Carbohydrates like starches are large molecules and excellent sources of energy. They are packed full of energy yielding bonds between the sugar molecules. Because of the number of bonds and molecules, the energy from Carbohydrates will last a very long time compared to simple sugars.

SPORTS

Complex carbohydrates are an excellent source for energy prior to and during athletic events. Carbs take much longer to breakdown into sugars and this decreases the quantity and how often the insulin enters the blood stream. Athletes can get a slow, steady stream of energy which can last through long games and endurance events.

Carbo Loading

Video the Olympic Diet

Dec 7-8:40 AM

Dec 15-1:30 PM